

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Pizza with Homemade Whole Wheat Crust
Makes 8 servings**

Ingredients:

½ cup tomato sauce
8 ounces (2 cups) reduced fat, shredded Mozzarella cheese
2-3 cups toppings (green pepper, onion, zucchini, pineapple, mushrooms, etc)
1 Whole Wheat Pizza Dough (see recipe below)

Whole Wheat Pizza Dough

1 (.25 ounce) Rapid Rise active dry yeast (also know as Quick Rise)
¾ cup warm water (110-115 degrees)
2 ¼ cups whole wheat flour
2 teaspoons oil
½ teaspoon salt
1 tablespoon honey

Directions

1. In a small bowl combine yeast and water and mix until yeast is dissolved
2. In a large bowl combine flour, yeast and salt. Make a well in the middle and add the oil, honey and yeast mixture to the flour mixture. Stir well to combine.
3. Knead for 8 minutes.
4. Cover and set in a warm place to rise for 30 minutes.
5. Spray a pizza pan or cookie sheet with vegetable oil spray. Roll out dough on a lightly floured surface. Place on pizza pan.
6. Preheat oven to 400 degrees. Top dough with tomato sauce, sprinkle with cheese, then add toppings. Bake for 10 -12 minutes, or until desired doneness.

Nutritional Information per serving:

Calories: 208	Carbohydrates: 27 g
Total Fat: 13 g	Cholesterol: 15 mg
Saturated Fat: 3 g	Dietary Fiber: 5 g
Sodium: 353	Protein: 13 g